

Border Eagle

Vol. 52, No. 14

Laughlin Air Force Base, Texas

April 9, 2004

Awareness can prevent sexual assaults

By 2nd Lt. Amber Millerchip
Air Education and Training
Command public affairs

RANDOLPH AIR FORCE BASE – In line with April’s Sexual Assault Awareness Month, Air Force leaders encourage all Airmen to be knowledgeable about sexual assault risks, consequences and prevention.

“Sexual assault in an organization that depends on each individual in life and death situations is simply intolerable,” said Gen. Don Cook, AETC commander. “Our most important obligation to our Air Force people is to give them a safe and secure working, living and training environment. We will continue to do everything we possibly can to prevent such criminal behavior. Have no doubt, you and all Airmen are personally responsible for preventing assaults of any kind.”

See **Assault**, page 4



Photo by Jose Mendoza

What’s up Doc?

Col. (Dr.) Chuck Hardin, 47th Medical Group commander, gets doused with champagne Tuesday by 2nd Lt. Mike Akins, 47th Aeromedical-Dental Squadron aerospace physiologist, after his final flight as a flight surgeon at Laughlin. Dr. Hardin leaves Laughlin next month to become the 59th Surgical Operations Group commander at Wilford Hall Medical Center in San Antonio.

Laughlin Manor wins ‘Inns of Excellence’

By Airman 1st Class
Olufemi Owolabi
Staff writer

Laughlin Manor and the 47th Services Division recently won the 2004 Air Education and Training Command Service Inn of Excellence award for small-base lodging operations.

With 116 rooms, Laughlin Manor competed with other small-category AETC lodging facilities with 285 rooms and below.

Laughlin and Columbus Air Force Base, Miss., were the finalists for the award. Laughlin was in-

spected by evaluators from Lackland Air Force Base March 11-12.

Laughlin Manor will now represent AETC in the 2004 Air Force Inn-keeper Award competition and will be inspected in May or June.

“Teamwork is the key to this achievement,” said Kathy Harting, the lodging manager here. “We have 23 staff members...excellent housekeepers, hardworking desk clerks, and other individuals, who work together and put in their best every day to make sure customers’ needs are met. I think they are the best in Air Force because they put customers first.”

She said the new lodging facility, which cost about \$12 million, supports the base’s mission of training the world’s best pilots by giving customers, mostly students from reserve bases, active-duty student pilots and personnel on temporary duty assignments, the best service they deserve.

“We believe first impressions are lasting impressions,” said Ramona Garcia, a desk clerk at the inn.

She said more than 50 percent of personnel on their first assignment here lodge in the inn.

See **Manor**, page 4

Newslines

Retirement ceremony set

A retirement ceremony for Maj. Steve Moynihan, 47th Operations Support Squadron, is set for 3 p.m. today in the Anderson Hall auditorium.

Easter egg hunt/parade set

A family day Easter egg hunt is scheduled for 10 a.m. Saturday at the Fiesta Center. An Easter parade will begin at 9 a.m. at the base chapel. Game and food booths will be available from 10 a.m. to 12 p.m.

For additional information, call 298-5474.

Awards luncheon scheduled

The 47th Flying Training Wing 1st Quarter Awards Luncheon is set for 11:30 a.m. April 21 at Club XL.

All nominees should R.S.V.P. to Master Sgt. Frank Schycker at 298-4635. Commanders and distinguished visitors should R.S.V.P. to protocol at 298-4708 by April 15.

All others wishing to attend should contact their unit point of contact by April 15 to sign up on the pro-rata sheet.

For more information, call 298-4635 or 298-4357.

Assault awareness month set

Col. Keith Traster, 47th Flying Training Wing vice commander, signed a proclamation deeming April to be Sexual Assault Awareness and Prevention Month at Laughlin.

Deployment stats

Deployed:	26
Returning in 30 days:	13
Deploying in 30 days:	2

Mission status

(As of Tuesday)

Days behind or ahead:

T-37, -6.16	T-1, 1.81
T-38, -3.96	T-6, -4.32

Mission capable rate:

T-37, 89.3%	T-1, 76.4%
T-38, 77.2%	T-6, 85.4%

Wing commander writes from Pakistan



Commander's Corner

By Col. Dan Woodward
47th Flying Training Wing commander

(Editor's Note: Colonel Woodward is serving as the deputy chief of the Pakistan Liaison Cell. He is assigned to the U.S. Embassy's Office of the U.S. Defense Representative and serves as the liaison between the U.S. and Pakistan militaries.)

I arrived in Pakistan March 11 at 6:10 a.m. after leaving San Antonio March 9. Total time airborne was about 18 hours with the remainder of time spent mostly in London. Needless to say, I was pretty exhausted and hadn't shaved or showered in two days. However, I was picked up at the airport and taken directly to the Embassy.

Following about an hour of inprocessing, I had an appointment with Army Brig. Gen. Doug Stone who is my immediate boss and the senior U.S. military person in Pakistan. He gave me a verbal whirlwind tour of the situation in Afghanistan and Pakistan and generally explained what he expected of me. He then told me to go shave, shower, get a uniform on and go meet with Maj. Gen. Farooq who runs operations and plans on the Pakistani joint staff. This discussion had to do with the movement of U.S. forces into Afghanistan. Of course, I really had no idea what was going on but it was interesting.

Within the first week, I traveled to Pasni

"We personally support more than 400 missions through Pakistani airspace every week here and many of those aviators got their start at Laughlin. Absolutely nothing happens without airpower ... and airpower doesn't happen without Laughlin."

near the coast (extreme southern Pakistan), Jacobabad (central Pakistan), and Bagram Air Base, Afghanistan, where people remembered Lt. Col. Rob Seaberg from Laughlin. It was obvious Rob had done a great job while deployed. I also traveled to another location ... all on business. Very interesting.

Flying over this country and over to Afghanistan, very near some of the highest mountains in the world, it becomes easy to understand the enormity of the task at hand. This country is incredibly rugged with thousands of places to "disappear." Much of the border with Afghanistan is what is called the FCTA or Federally Controlled Tribal Area. This is a loosely controlled and very rough area and is where much of the fighting inside Pakistan is taking place. The border is porous and very long.

Nonetheless, there are many, many thousands of dedicated people here working to solve these issues. In my office hangs a poster of the 10th Mountain Division and another of a Marine helicopter operating in Afghanistan. All it takes is one look at these to know we are engaged ... life or death. In addition, there is a poster of all who have died in Afghanistan serving our country and another with the twin towers during 9/11. No one has forgotten.

I work all air issues associated with the U.S. and Pakistan. It can be interesting, frustrating and amazing all at the same time. The Pakistanis are a very professional military force, but there are so many differences between the way we do things that I could never even scratch the surface. Very difficult to coordinate anything. If someone in the Embassy has a question about the Air Force, either theirs or ours, they turn to me. That makes for a steep learning curve. And I also need a healthy understanding of Army, Navy and Marine capabilities, too. In the next couple of weeks, I may travel to the Combined Air Operations Center in Qatar. They actually piece together the air operations here and in Afghanistan.

I've found the people of Pakistan to be very gracious. Many have almost nothing, but they are not envious or jealous of those with more. They raise families and try to make ends meet like everyone else.

Islamabad is really a beautiful city, fairly modern and well laid out. It is a showplace in Pakistan as the capital city. Every day, thousands of Pakistanis are out on major roads into and out of the city planting flowers and trees. It is not unusual to drive mile after mile having to avoid people in the streets and on the sides of the roads. It is obvious labor is very inexpensive here. There is no machinery; it is all done by hand.

The days are hot and fairly dry. It has not rained for weeks, and I'm told that when it does it makes a Del Rio thunderstorm look mild. And, of course, everything backs up and floods. In the evenings, smoke fills the air as many people go home and cook with fires. There is no potable water in the entire

See **Pakistan**, page 3

Border Eagle

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The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News-Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing. All photographs are Air Force photographs unless otherwise indicated.

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News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **sheila.johnston@laughlin.af.mil**.

View From the Top: Safety focus must remain constant

By **Gen. Donald G. Cook**
*Air Education and Training
Command commander*

RANDOLPH AIR FORCE BASE – Accidental deaths and severe injuries are plaguing our Air Force. Sadly, Air Education and Training Command has not escaped this alarming trend.

Last weekend alone we lost three Airmen in tragic accidents. Two instructor pilots perished in the crash of a T-6A trainer at Savannah-Hilton Head International Airport in Georgia, and a young Airman lost his life in yet another fatal motorcycle accident near Keesler AFB in Mississippi.

Compounding this situation is the sharp rise in other accidents resulting in serious and near fatal injuries.

The frequency at which Airmen in our command are killed and injured in private motor vehicle accidents, especially

motorcycle accidents, is appallingly high. Within the first months of this year we are well on our way to overtaking the precedent-setting number of fatal and serious injury-producing motorcycle accidents we had last year.

This heartrending loss of life and severe injury is simply intolerable.

One motorcycle accident death is one too many! There is no middle ground or room for compromise.

Safety considerations are critical in all you do at work, at home and during your leisure activities. But despite all our sustained best efforts to communicate this imperative; despite our robust mandatory safety training programs; despite people seemingly on board with the safety mindset, deaths and injuries continue to haunt us with increasing regularity.

Immediate action by every



Gen. Donald Cook

AETC team member to halt this unacceptable trend is the only solution. To get our focus squarely on safety as our No. 1 priority, I directed commanders throughout AETC to hold a safety “down day” Thursday. I wanted everyone in our command to get a collective shake of the shoulders and look in the eye from their commanders to ensure they received – again – a loud and clear message about the paramount importance of safety.

We’ve iterated our message consistently and frequently – safety and our reliance on operational risk management are

absolutely crucial in all we do. Our message has not changed, and we will not stop delivering it at every opportunity possible. But it is up to each of you to respond to this call to preventive action.

Today, right now each of you must center your focus on safety – not tomorrow, not next week and not when the “101 Critical Days of Summer” begin in May. Now is the time to take the brave, but necessary action to alter behavior that puts you, your family and your colleagues at risk. Recklessness, inattention and disregard for fundamentally safe behavior must be eliminated.

Pakistan, from page 2

country so unless you are a native Pakistani, you drink bottled water. Unfortunately, something will quite literally creep into your diet that should not be there and then you feel lousy. I’ve been sick for seven straight days. But,

you get over it eventually ... I hope.

Among other things, I’ve facilitated the movement of forces through Pakistan, investigated potential border violations by our aircraft and theirs, built airspace blocks to meet special mission requirements, facilitated

the delivery of 2,300 flak vests to the Pakistan military and worked maintenance and repair of a Pakistani airfield we are currently using.

I expect to return to Team XL around mid-June. For everyone at Laughlin and in the great community of Del Rio,

please remember your contribution to Enduring Freedom, Iraqi Freedom, and all other deployed operations is significant. We personally support more than 400 missions through Pakistani airspace every week here and many of those aviators got their start at Laughlin.

Absolutely nothing happens without airpower ... and airpower doesn’t happen without Laughlin. Please keep every deployed soldier, sailor, airman and Marine in your thoughts. They will know it and appreciate it ... wherever they are in the world.



Actionline
298-5351 or
actionline@laughlin.af.mil

Col. Dan Woodward
47th Flying Training Wing commander

This column is one way to work through problems that haven’t been solved through normal channels. By

including your name and phone number, you are assured of a timely personal reply. It’s also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the gen-

eral interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299

Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Assault, from page 1

Sexual assault includes rape, attempted rape, assault, indecent assault and the attempts to commit these crimes. According to the National Center for Victims of Crime, 1.3 women are raped every minute.

Some of these offenses require the actual use of force, where one person overpowers the other by whatever means, such as use of a weapon, strength or physically imposing size. Use of force also includes coercion, such as using rank or authority.

Women in their late adolescence and early adult years, particularly those drinking alcohol, are most at risk, said Capt. (Dr.) Julie Storey, clinical psychologist in the Life Skills Support Center here.

"Many are on their own for the first time in their lives and do not have safety nets such as parents or guardians," Captain Storey said. "They make poor judgments, and the consequences of those judgments, at that age, are a lot higher."

Reactions of both victims and perpetrators of sexual assault are also affected by sexual assault mythology. Most myths blame the victim.

For example, "Women who are careful don't get raped, so therefore if I had been careful this wouldn't have happened to me," or "She secretly wanted to be raped."

An assailant who mistakenly believes these myths may think his actions were justified while a victim who believes them may delay or refuse to report an assault, Captain Storey said.

Believing the myth, "Only bad or provocative girls get attacked," can result in a false sense of security by women who are sure they don't fall into either category. Anyone can be assaulted, even the elderly. This is particularly true because attackers are often people known and trusted by the victim, not strangers, Captain Storey said.

According to the National Center for Victims of Crime, 40 percent of victims know their attackers.

"That sense of invulnerability is a big one," Captain Storey said. "You do things such as walk away and leave your drink sitting on a table or bar, go to a party and say, 'I'm going to get drunk because everyone else is getting drunk,' so nobody's really accountable for what's happening."

Captain Storey emphasized this doesn't mean not to trust one another.

"Trust each other, but don't trust drunk people," she said. "Some people actually change personality when drinking. Once alcohol enters into a situation, no one can predict how that alcohol will affect others or themselves."

According to the Texas Association Against Sexual Assault, 75 percent of perpetrators and 55 percent of victims are under the influence of alcohol at the time of an acquaintance rape.

Alcohol affects the way the brain processes things. It decreases inhibitions and impairs judgment on both the part of the victim and perpetrator, Captain Storey said. That impairment impacts the victim's ability to understand and detect danger. It also affects the perpetrator's social judgment, such as what's appropriate and what's not.

Alongside more targeted education on risk factors, young women need to learn the importance of reporting immediately, Captain Storey said.

If attacked, regardless of any associated misbehavior, a victim should immediately report to an emergency room for medical assistance and to begin the investigative process. Early reporting of sexual assaults is an important factor in gathering timely evidence related to the crime.

"Victims may spend a lot of time worrying about other peoples' opinions or the consequences of revealing their misconduct at the time," Captain Storey said. "The longer they wait, the less chance of a conviction."

Every Air Force installation has established programs, procedures and communication channels to report assaults of any nature. Victims are provided medical, legal, emotional and

sional manners are some of the standards the staff must always meet, she added.

Mrs. Harting also commended the maintenance contractor for a job well done and going beyond the

standards to give the inn an outstanding look.

The building is well maintained, said Mrs. Garcia.

This could not be achieved without the support

of the civil engineer squadron, contracting, communications squadron and the wing commander, the lodging manager said.


"We have to give credit to the base from the top to

the bottom," she said. "We all worked together as a team to achieve our goals."

She said the staff would not relent in their hard work so Laughlin Manor will continue to be the best.

April is ...

Sexual Assault Awareness Month



SEXUAL ASSAULT

No one is exempt from being a victim.

Regardless of race, religion, gender or age ..

Work as a TEAM

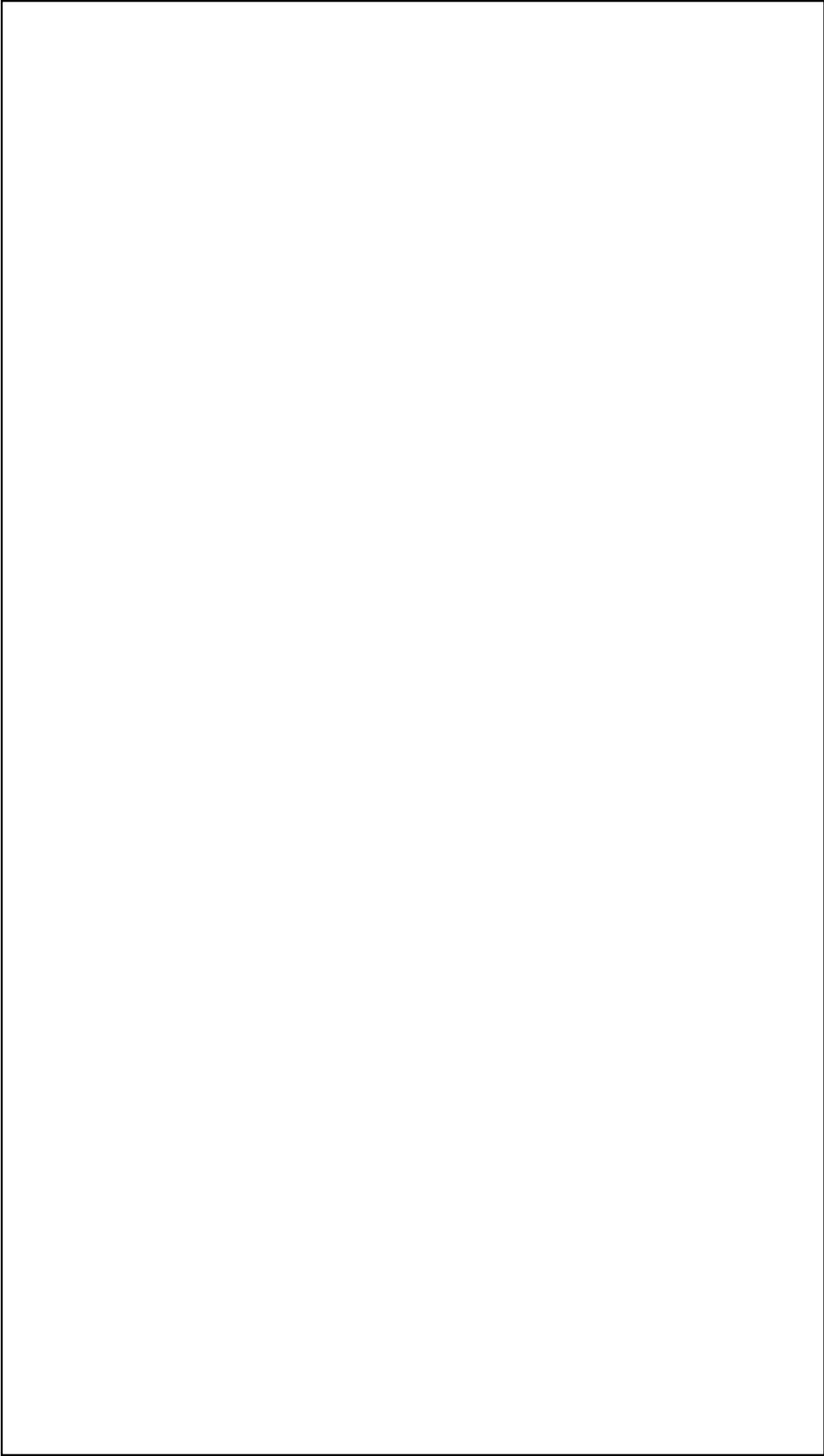
and stop sexual assault now!

Call: OSI at 298-5158 or SFS at 298-5100

Manor, from page 1

"The treatment and service rendered to them will determine their first impression of Laughlin," she said.

Courteous and profes-



New selective re-enlistment bonus list announced

WASHINGTON – Bluesuiters will see significant changes in the newly released selective re-enlistment bonus list resulting from solid retention rates, Pentagon officials said.

Following the selective re-enlistment review board, the Air Force has published the latest SRB list which contains 62 Air Force specialties.

“The SRB program is a retention tool the Air Force uses as an incentive to help keep the right people in the right jobs to accomplish our mission,” said Senior Master Sgt. Maria Cornelia, chief of retention and bonus programs at Air Force headquarters here.

“During this period of improved retention, it is prudent to make adjustments,” she said. “Airmen should remember that SRBs are not an entitlement and must be adjusted to meet Air Force needs.”

All enlisted skills were reviewed, including reporting and special-duty identifiers, officials said.

The criteria used for determining which enlisted skills will receive an SRB include current and projected manning levels, re-

enlistment trends, career-field force structure changes and inputs from individual career-field managers. SRBs are authorized in 0.5 increments, or multiples, and in three re-enlistment zones for people with between 17 months and 14 years of service.

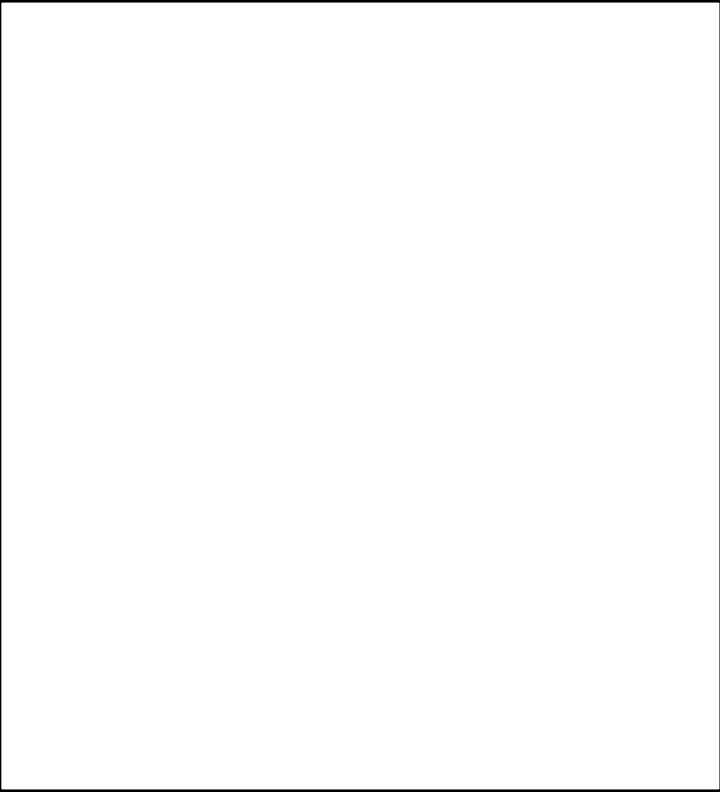
Zone A, which applies to Airmen re-enlisting between 17 months and six years of service, incurred nine increases, 19 reductions and 86 removals. Zone B, which applies to Airmen re-enlisting between six and 10 years of service, had eight increases, 18 reductions and 80 removals. Zone C, which applies to Airmen re-enlisting between 10 and 14 years of service, saw one increase, four decreases and 32 removals.

Additions and multiple increases are effective March 30. The SRB multiple decreases and deletions are effective April 30.

The new list of bonuses is posted at www.afpc.randolph.af.mil/enlskills/Reenlistments/reenlistments.htm.

For more information, contact Laughlin’s military personnel flight at 298-5073.

(Courtesy Air Force Print News)





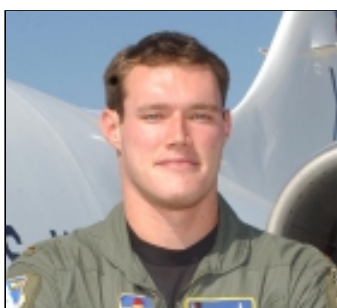
Graduation



SUPT Class 04-07 graduates



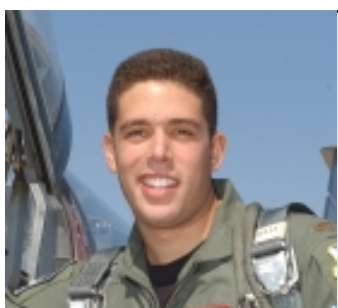
Capt. Eric Guttormsen
KC-135 (ANG)
McGuire AFB, N.J.



2nd Lt. Jonathan Baize
C-17
Charleston AFB, S.C.



2nd Lt. Steven Baker
T-38C
Laughlin AFB



2nd Lt. Frank Biancardi II
B-1
Dyess AFB



2nd Lt. Barton Boma
KC-10
Travis AFB, Calif.



2nd Lt. Deryck Castonguay
KC-135 (ANG)
Bangor, Maine



2nd Lt. David Clark
F-16
Luke AFB, Ariz.



2nd Lt. Michael Flonacher
C-17
McChord AFB, Wash.



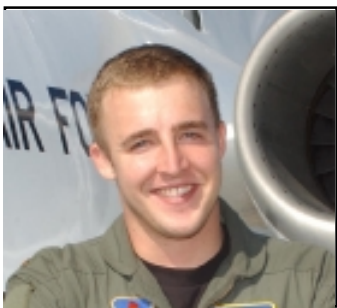
2nd Lt. Robert Jackson
B-1
Dyess AFB



2nd Lt. Peter Janeczko
E-3
Tinker AFB, Okla.



2nd Lt. Michael Maginness
T-6
Laughlin AFB



2nd Lt. Timothy Metz
KC-135
Grand Forks AFB, N.D.



2nd Lt. Matthew Parker
KC-135
McConnell AFB, Kan.



2nd Lt. Brandon Roberts
F-15C
Tyndall AFB, Fla.



2nd Lt. Christopher Robinson
KC-135 (AFRES)
Grissom ARB, Ind.



2nd Lt. George Rothhaupt
KC-135
Robins AFB, Ga.



2nd Lt. Matt Sherk
C-17
McGuire AFB, N.J.

Gen. Jumper urges Airmen to ‘stay encouraged’

By Staff Sgt. Elaine Aviles
39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey — The war on terrorism, force shaping and the new fitness program are all major priorities in today’s Air Force, said the service’s senior leader during a visit here Monday.

With the recent gruesome murders of four U.S. contractors and the almost daily loss of American servicemembers’ lives, the Air Force chief of staff’s speech focused on ensuring Airmen stay encouraged throughout the fight.

“There are a lot of uncertainties with what’s going on in Iraq,” Gen. John P. Jumper said. “It’s not very encouraging; but terrorists are people we have nothing in common with. They killed 3,000 people during the Sept. 11 attacks but would have killed 3 million without remorse if they could have. We have to stay resolute.”

Although every Airman is needed for the fight, General Jumper said streamlining the existing force through the force-shaping program still remains a priority for Air Force leaders.

“During the 90s, we reduced our force by about

40 percent, but we didn’t take the slots away,” he said. “People were moved from critical skills to fill those slots, and we need them back. We’re 16,000 people over our end strength.

“We don’t want to kick out people who want to stay in,” General Jumper said. “We’ll continue our efforts to offer a way out for those who are ready to go and also rely on attrition.”

For those who remain, the fitness program remains a concern.

“A lot of people are concerned about the waist measurement,” he said. “I’m not worried about anyone maxing out the test; all I care about is if you pass and pass as a unit.”

General Jumper said too many people are kicked out of the Air Force each year because of fitness issues.

“Did they have help?” he asked. “I’m not convinced they did. We have to help each other out so everyone passes the fitness test.”

To ensure that, squadron commanders’ officer performance reports will have an area to reflect how well their squadron did on the fitness test.

“The mark of a good leader is how well the

people under him or her perform,” he said.

General Jumper said it appears the leaders here are doing a great job.

“Incirlik remains a strategic location that is vital to Air Force operations,” he said.

“I don’t have to tell you what a great job you’re doing,” he said. “I think it’s evident, especially with the important work you’re doing to help U.S. Soldiers transit home.”

This work does not go unnoticed by the American public, the general said.

“People look to the uniform as a symbol of power and strength,” he said. “I guarantee if you walk down the street in your uniform, people will come up to you and thank you for what you do.”

This pride should carry over to every Airman, General Jumper said.

“I recently visited an Airman in the hospital who was wounded by a landmine in Iraq. He lost his leg,” he said. “But, when I walked into that hospital room, the first thing he said was, ‘Don’t let them kick me out.’ He realized he was part of something bigger than himself. So are you. When you look in the mirror, be proud of what you see.”

Top chief discusses force shaping, other hot topics

By 2nd Lt. Candice Adams
Oklahoma City Air Logistics Center Public Affairs

TINKER AIR FORCE BASE, Okla. — Force shaping, housing plans, the proposed uniform and fitness proved hot topics for the Air Force’s top enlisted leader as he talked with Airmen during a visit here.

Chief Master Sgt. of the Air Force Gerald R. Murray said the retention rate for first-term Airmen is the highest the Air Force has seen in the last six years. At the same time, there are more Airmen than funding available.

Force shaping, he said, will maintain our quality force by keeping the highest caliber Airmen in specific career fields.

“If you request to remain in a career field and are disapproved, then you have the option to retrain into another career field that needs people,” Chief Murray said. “Here you come to a fork in the road and say, ‘Do I want to stay in the service or not? Do I serve today for my nation because it is the right thing to do or for another reason?’

“If you believe in serving this nation and in the mission we do, then you have to be out there doing what our Air Force needs,” he said.

In explaining the situation, Chief Murray said someone must go to Korea and not everyone can serve in Hawaii.

“Serving is serving,” Chief Murray said. “There are about 100 chiefs (who) will have to move to other career fields due to an imbalance in that rank. They are leaders, and we’ll ask them to lead through this for the greater good of the force.”

Chief Murray said one topic concerning many leaders is improving the quality of life for Airmen. One way to do this is with pay increases and added benefits.

An Air Force chief master sergeant makes about \$800 more a month today than four years ago.

The 2000 pay scale shows that senior airman through chief master sergeant make 70 percent of what their civilian counterparts do, based on education and experience. Airman basic through airman first class are equal to the civilians.

“That means that today there is not a job in America a young Airman could find that gives the pay and benefits in the civilian world that can equal the United States military,” Chief Murray said. “There is hardly a job in America that gives you 30 days leave a year or

complete-medical care.”

He also spoke on housing plans. New quads for single Airmen will replace the standard dormitories.

Four people will walk in one door into a central kitchen and living room opening onto four separate bedrooms with walk-in closets and individual bathrooms. Each unit will have a washer and dryer.

“Take pride in where you live,” he said. “If you don’t like it speak up about it.

“For those who are married and living off base, next year you are going to have an increase [in basic allowance for housing],” Chief Murray said. “For the first time in history BAH will be funded at 100 percent.”

When questioned about the proposed uniform, Chief Murray gave direct answers.

“Producing a uniform that will last longer and cost less in the long run because of low maintenance costs will benefit you,” he said. “I wear (the Air Force) uniform very proudly now because it is our uniform, and I will wear whatever uniform the Air Force adopts proudly.”

Leaders also believe Airmen’s overall health is important to force success and are making it a top prior-

ity, Chief Murray said. He added overall health encompasses physical, emotional and mental.

“We used to concentrate on measuring fitness rather than changing and improving our overall fitness. We need to shift the mindset to change the culture,” Chief Murray said. “That is why it is important that it is led by (the leaders) — because we lead by example.”

The chief stressed Airmen need to take care of one another and be responsible for their own choices.

“How is your neighbor across the hall? Is she down in the dumps? Go over and talk to her. We cannot afford to lose quality Airmen due to suicide,” Chief Murray said. “It [also] burns my soul to see the loss of an Airman because someone goes out and drinks and drives. There is no tolerance for that in our quality force.”

It is a different Air Force today than when he joined in 1977, with deployments knocking at the door for Airmen today, the chief said.

“High-deployment rates are a fact of today’s force. You are the most motivated group of Airmen I have ever seen,” he said. “You are the most experienced I have ever seen. That motivation and experience make our force high quality.”

Laughlin walks for cancer cure

By Airman 1st Class
Timothy J. Stein
Editor

Sixty members from Laughlin braved the elements April 2 and Saturday to participate in the American Cancer Society's Relay For Life at Del Rio High School.

The event had people walking around the school's running track from 5 p.m. April 2 until 11 a.m. the next morning.

This is the tenth year Laughlin has been involved in the event, which raises money to support research, prevention, early detection and patient and family services for cancer victims.

This year Laughlin raised \$3,368, making it the third highest contributor in Val Verde County behind Val Verde Regional Medical Center (\$5,665) and St. James Episcopal School (\$3,786), said Maj. Sharon Walker 47th Medical Group health promotions and expeditionary medical operations flight commander and Laughlin's American Cancer Society liaison. The total Val Verde contribution is around \$73,000 with donations still coming in.

Laughlin's contribution does not include the 47th Contracting Squadron, which raised \$1,000 on its own.

The event started in 1985 when Dr. Gordan Klatt held a one-man, 24-hour marathon to raise money for the American

Cancer Society. Since then, the Relay For Life has grown into more than 3,000 separate events that have raised more than \$180 million.

"It is such a worthwhile event," said 1st Lt. Lauren Chavez, 47th Medical Support Squadron business operations flight commander and Laughlin team captain for the Relay For Life. "I will always participate in the Relay For Life from now on. It is in my blood."

As Laughlin team captain, Lieutenant Chavez was responsible for organizing Laughlin's participation in the event. She attended many meetings and organized group-level captains who than solicited walkers.

"It was a total team effort, from the people who helped set up our tent to everyone who showed up and walked," said Lieutenant Chavez. "Every squadron on base was represented."

Lieutenant Chaves said while she doesn't know if she will be team captain next year she will definitely help out.

"Hopefully next year



Photo by Tech. Sgt. Anthony Hill

Laughlin volunteers hold up the sign that was stationed outside Laughlin's campsite during the Relay For Life April 2 and Saturday.

Laughlin can do even better," she said.

Major Walker said she was proud of Laughlin's contribution this year.

"It was wonderful to see so many Laughlin members out there helping out," she said. "It is a great event for a great cause."

One thing she really liked about the event was all the family members who accompanied the Laughlin volun-

teers. People had their husbands, wives and children out there helping out, she said. That was something she could relate to.

"I made my husband, son, daughter and mother volunteer also," she said. "We made it a family affair."

Simple steps can enhance nighttime safety

By Lt. Col. Fred Armstrong
47th Flying Training Wing safety chief

(Editor's note: This is the first in a two-part series on nighttime safety. The second part will appear in next week's *Border Eagle* and focus on nighttime safety when operating a motor vehicle.)

Safety at night is and should be on everyone's radar scope.

The warmth of spring, and soon, the blazing heat of summer will push us all towards doing recreational activities when the weather is cooler and more enjoyable.

Here are some simple ideas for everyone, military and civilian, on and off base, to improve presence when visibility is reduced.

Pedestrians

Folks out and about during hours of darkness should take extra measures to increase their chances of being seen.

- When walking or jogging wear light-colored clothing or attach reflective material to their clothing. People should take extra care to do the same for any children and pets under their care as motorists can easily miss them.

- All people out for a stroll or running should stick to sidewalks or pathways as much as possible and cross at established crosswalks to avoid becoming a conflict. If roadways must be used, it is best to travel opposite the direction of traffic so you can see what is coming your way.

- Never run near roadways while listening to headphones. The wearing of portable headphones, earphones, or listening devices while jogging on roads and streets on Department of Defense installations is prohibited.

The simple rule of thumb is to make yourself seen so motorists can avoid you.

Bicyclists

Cycling can be a wonderful form of exercise and a quick means of transportation. But it can also be life-endangering if people fail to cycle safely.

Use these tips to help make the time you spend cycling the time of your life.

- Texas Law, AFI 91-207 and AFI-91-207 AETC Supplement 1 covers bicycle safety and the required safety equipment to be used while riding.

Make sure your bike has the required safety equipment.

- ♦ A clear headlight that emits light at a minimum of 500 feet must be turned on during hours of reduced daylight and nighttime.

- ♦ A red reflector mounted on the rear of the bicycle that can be seen 300 feet away in all directions. A red light visible from 500 feet may be used in addition to the reflector.

- ♦ Reflective equipment should include a red rear, a white front, and a red or colorless spoke reflector on the rear wheel, an amber or colorless reflector on the front wheel, and pedal reflectors.

- Wear a helmet. Hard-shell helmets bearing stickers indicating approval of the Snell Memorial Foundation or the American National Standards Institute offer proven protection.

- Obey all traffic rules, signs, signals, and pavement markings; keep to the right; ride with the traffic, not against it; and keep a safe distance from the vehicle ahead. Cyclists must follow the same rules as the motorists.

- Always be seen. During the day, cyclists should wear bright clothing. At night, cyclists should wear reflective clothing designed to bounce back motorists' headlight beams. Reflecting tape on a helmet at night and safety flags attached to the rear of the bike also help approaching

motorists see riders more clearly.

- Ride in single file. Bicycling two abreast can be dangerous when trying to pass and will impede motor vehicle traffic.

- Make safe turns. Riders should signal turns well before the intersection using correct hand signals: left arm straight out for left turns, left forearm extended up for right turn. Exercise caution when passing a standing vehicle or a vehicle proceeding in the same direction.

- Never wear clothing that blocks your vision. Avoid wearing loose clothing or long coats that can catch in pedals or wheels. Leg clips or bands keep pant legs from becoming entangled in the chain.

- Never ride while listening to headphones. The wearing of portable headphones, earphones, or listening devices, and the use of cellular telephones while bicycling on roads and streets on DoD installations is prohibited.

There have been an increasing number of two-wheeled vehicle accidents on and off base.

So, when riding any non-motorized or motorized two-wheeled vehicles, develop safe riding techniques and ride as though you are invisible to other drivers – because most times you are.

Education center celebrates grand opening

New site opens after old building declared unsafe

By Tech. Sgt. Anthony Hill
Public affairs

Nearly eight months after evacuating their old building, members of the base education and training flight recently celebrated a grand opening at their new location.

The staff, now housed on Fourth Street between Laughlin Drive and Arnold Boulevard, welcomed the

base populace to an open house Wednesday, giving everyone a view of the facilities and services offered.

The primary objective of the open house was to introduce people to the new center so they know where it is and feel comfortable about visiting and talking with counselors and college representatives about education opportunities, said Dr. Bob Carpenter, education and training flight chief.

The education center, formerly located in Building 316, had to relocate in August when an architectural survey

of the building revealed that 18 wooden ceiling joists were damaged. According to civil engineer officials here, the stress of additional ductwork in the ceilings caused the joists to bend and crack.

In addition to taking on the task to relocate, the flight's members also ensured their ability to provide continuous service to base members.

Basic services still include everything from upgrade and training management for military members to voluntary and professional educational opportunities for

all of Laughlin's active-duty personnel and civilians.

The staff has smaller workspaces in the new facility, but the classrooms are better and bigger than in the old building, Dr. Carpenter said. "The new facility has very few problems, and those we have encountered have been corrected," he said.

Although the open house has already been conducted, the center's staff still invites people to stop by for a visit and take advantage of available educational opportunities.

"Laughlin provides an

excellent opportunity for someone to pursue their academic goals while they are stationed here," said Dr. Carpenter. "Although local schools may seem limited, depending upon an individual's academic goals, many other opportunities exist through distance learning."

The education and training chief said he expects the education center to remain in its current location for the next couple of years as plans are under way for the construction of a new, permanent education facility.



Photo by Master Sgt. Sean Cobb

Demolition man

Staff Sgt. Rory Stark places charges at the base of an obsolete radar tower at Baghdad International Airport recently. The demolition makes room for a new radar tower to bring the airport up to international standards. Sergeant Stark is an explosive ordnance technician assigned to the 447th Air Expeditionary Group.

Officials discuss new civilian system in open letter

By Jim Garamone
American Forces Press Service

WASHINGTON—A letter signed by Defense Department leaders asks DoD civilian employees to be patient as teams work to make the new National Security Personnel System a reality.

The April 1 letter, signed by David S.C. Chu, undersecretary for personnel and readiness, and Navy Secretary Gordon England, stresses that DoD sees the new personnel system as a combined effort.

The system, passed as part of the fiscal 2004 National Defense Authorization Act, allows DoD officials to transform the civilian personnel system to make it more agile and responsive.

Defense Secretary Donald H. Rumsfeld said the new system would make it easier for the department to make new hires and keep highly skilled employees. It also would allow DoD to move workers to shortage specialties as national security concerns change, he said.

In the letter, Mr. Chu and Secretary England state, “We are determined to take the time

necessary to do the job right.”

Taking time will allow the department to consult with employees, managers and unions, a DOD spokeswoman said. The letter encourages people interested in the system to present their thoughts, ideas, views and concerns.

Department officials are also working with other government agencies as they develop the new system. They are consulting with people at the Office of Personnel Management, the Office of Management and Budget and the Government Accounting Office as the new system takes shape. They are

also taking lessons from the Department of Homeland Security, which built its own personnel system after it was formed last year.

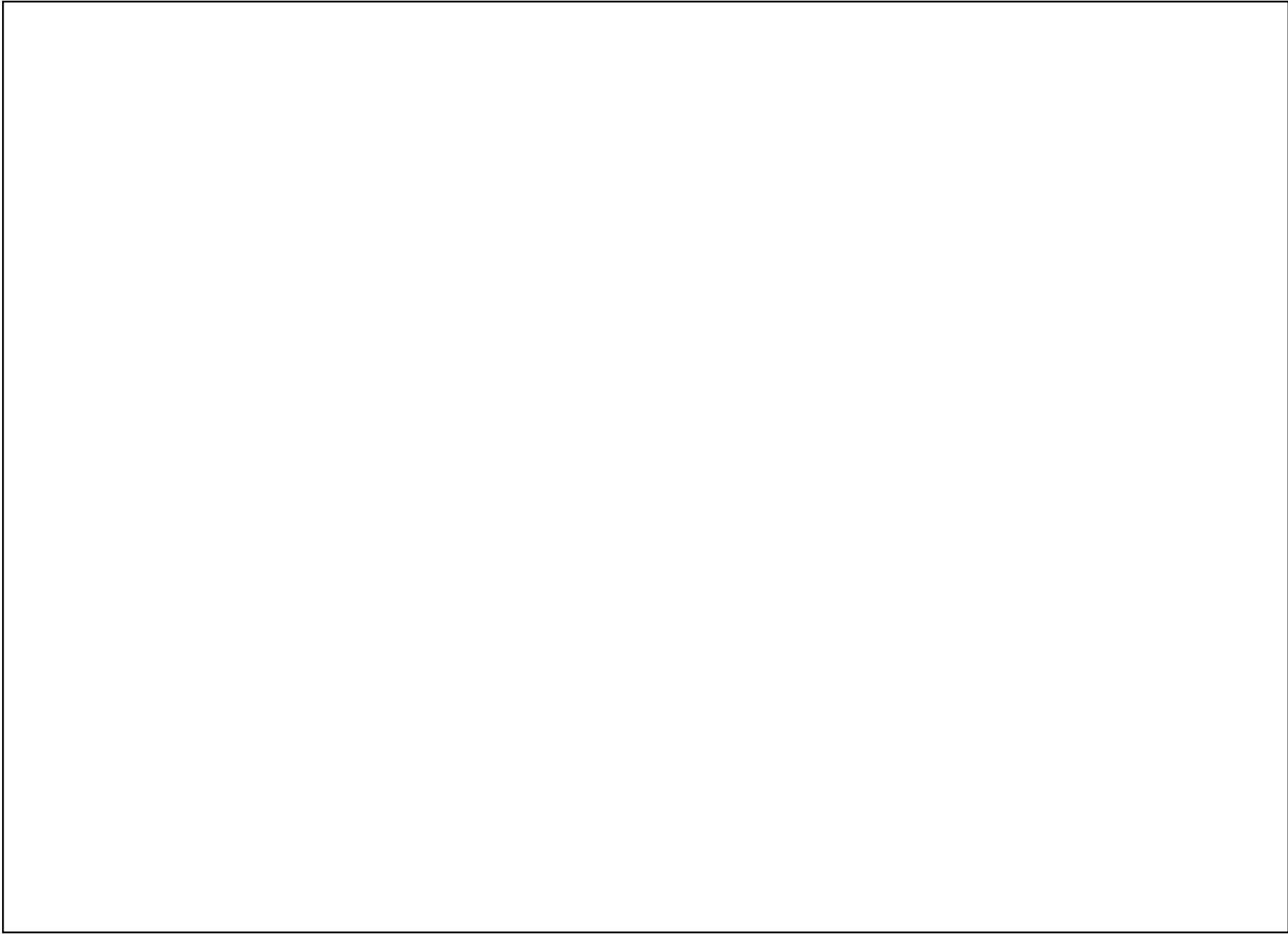
Five teams within DoD are looking at process, personnel, programs, requirements and communications, officials said. A sixth team will draw recommendations from these five together into one package. That proposal is scheduled to be presented to Secretary Rumsfeld and other senior leaders in April.

Once approved, senior leaders will work with Congress on implementing the system.

Mr. Chu and Secretary En-

gland said the system still is being formed, and few details about how the system would work are available because there is no system yet. Concepts and proposals will change over time and department leaders will do their best to keep employees informed, they said.

Information will be available on the DoD and DefendAmerica Web sites, the Pentagon Channel and local commanders’ television programs. The new system also has its own Web site at <https://www.dp.hq.af.mil/dpp/dppa/asps>.



The *XLer*

Airman 1st Class Jacob Pegg
47th Operations Support Squadron



Photo by Tech. Sgt. Anthony Hill

Hometown: Greenville, S.C.
Family: Wife, Jennifer; two brothers and two sisters
Time at Laughlin: One year, two months
Time in service: One year, five months
Greatest accomplishment:

Marrying my best friend and greatest person in the world
Hobbies: Watching Clemson University football and playing darts at Club Amistad
Bad habit: Sleeping in on the weekends
Favorite movie:

“Saving Private Ryan”
If you could spend one hour with any person, who would it be? My grandfather. He was a World War II veteran, and I bet he had some great stories to tell.

The
Commander’s Access Channel

Tune in to
Cable Channel 34
for up-to-date information about
events and activities
happening at Laughlin.



The Air Force
rewards
good ideas with money.
Check out the IDEA
Program data
system at
<https://ideas.randolph.af.mil> or call Tech. Sgt.
Thomas Mayo at
298-4355.

Chapel information



Easter schedule

Catholic

(All services celebrated at the chapel)

- Today* ● Good Friday Liturgy, 6 p.m.
Saturday ● Easter Vigil, 7 p.m.
Sunday ● Easter Sunday, 9:30 a.m.

Protestant

- Today* ● Good Friday service, noon (chapel)
Sunday ● Easter Sunday services
■ Sunrise Service, 6:30 a.m. (chapel lawn, followed by a free breakfast in Fellowship Hall)
■ Contemporary, 9 a.m. (theater)
■ General, 11 a.m. (chapel)

Normal schedule

Catholic

- Monday - Friday* ● Mass, 12:05 p.m.
Saturday ● Mass, 5 p.m., Reconciliation, 4:15 p.m. or by appointment
Sunday ● Mass, 9:30 a.m., Religious Education, 11 a.m.
Thursday ● Choir: 6 p.m., Rite of Christian Initiation, 7:30 p.m.

Protestant

- Wednesday* ● Choir, 7 p.m.; Protestant Women of the Chapel Ladies’ Bible Study, 9 a.m.
Sunday ● General worship, 11 a.m., Contemporary worship, 9 a.m. in the base theater



It may be buried, but it’s not treasure

By Capt. Susan Romano
407th Air Expeditionary Group
public affairs

TALLIL AIR BASE, Iraq – Sweeping is practically part of everyday life here among the constant dust, sand and gravel that tend to build up everywhere.

But there are other sweepers here who play a much more critical role in keeping Tallil “clean.”

A team of explosive-ordnance disposal experts systematically sweep the entire base to eliminate all unexploded-ordnance hazards and defeat improvised explosive devices to protect U.S. forces.

Over the past two weeks, the team recovered or destroyed more than 11,000 explosive items found within the base’s perimeter. On average, the team destroys about 1,500 items per week.

“Unexploded ordnance ...

[pose] a significant risk to the people and resources within our perimeter,” said Capt. Doug Tippet, EOD flight chief. “Although a lot of what we find is above ground, a larger percentage of explosives are buried underground.

“We just recently recovered UXOs at the base fire department, just steps from tent city,” he said.

The 12-person team works closely with coalition forces here to clear the area of UXOs.

“We have a strong working relationship with our coalition partners,” said Senior Master Sgt. Marc Savy, EOD flight superintendent. “The Italians and the South Koreans have played a large role in clearing Tallil of explosive hazards.”

Nearly 350,000 items have been destroyed since the Air Force began disposing of explosives here.

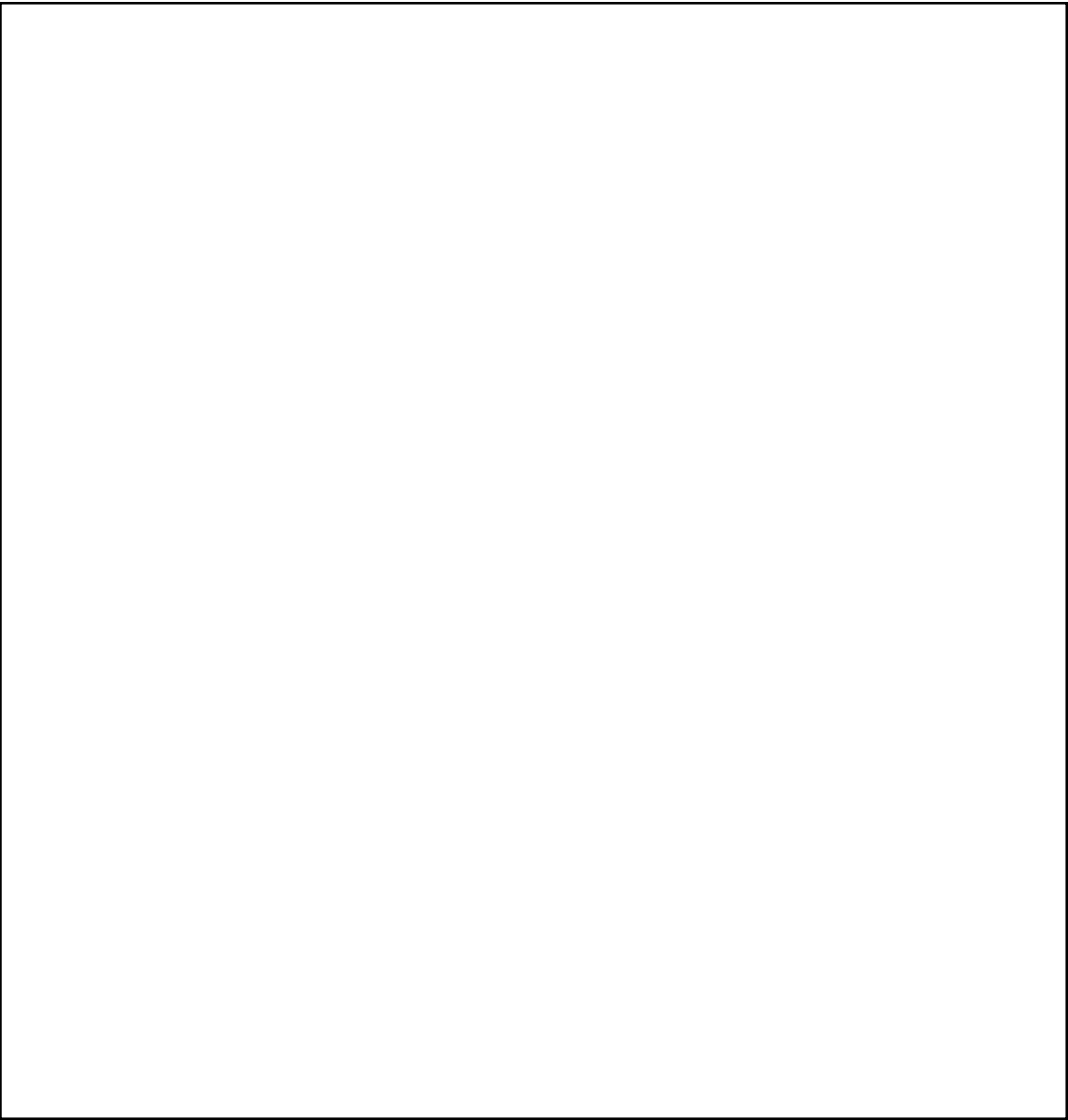
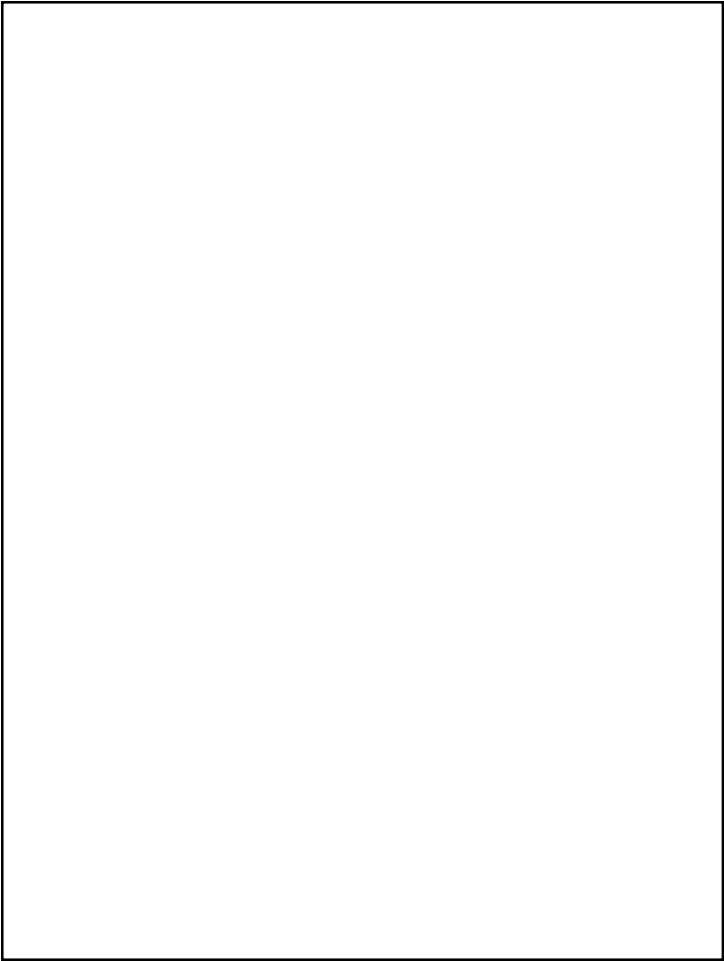
Most of the explosives are remnants of the 1991 Gulf War. Sand



Photo by Airman 1st Class Desiree Palacios

Unexploded ordnance lay partially hidden in the sand and pose a significant risk to people and resources at Tallil Air Base, Iraq.

and dust storms have covered up much of the remaining explosives, but Captain Tippet said, “The earth will continue to give up new UXOs every rainfall and sand storm for years to come.”



Active women may make dietary mistakes

By Bill Goins

47th Aeromedical-Dental
Squadron exercise physiologist

People often ask, “How should women and men eat differently?”

Many expect the answer will sound like a dietary version of Men Are From Mars, Women Are From Venus, setting the two sexes at opposite ends of a nutritional spectrum. But it doesn’t.

Of course, a few physiological facts, such as menstruation and pregnancy, make women different from men. Otherwise, women and men have the same physical operating systems.

The reality, however, is that women tend to be more extreme in their nutritional habits than men. In the name of weight loss, women will banish entire food groups, eat the same meals day in and day out and rigidly restrict calories. In the process, they often miss out on many important nutrients that are necessary for performance and health – nutrients that men consume in abundance, since few of them have such finicky eating habits.

The good news is women can easily get what they need without hurting their health or performance and without gaining weight.

Read on to discover the top five nutritional mistakes that female runners make – and how to fix them:

1. Restricting calories

Eating too few calories is the most common and most damaging mistake women make. Because most women have a slower metabolic rate, they should eat less than men. But many women go too low.

Constant calorie restriction causes three problems. First, people don’t eat enough food to fuel their training. Second, people can’t consume enough of the nutrients they need, leaving them open to potentially dangerous deficiencies. Third, research now shows that insufficient calories, not overtraining, may cause amenorrhea, or the cessation of a woman’s menstrual cycle. Runners who experience amenorrhea are at greater risk for stress fractures and osteoporosis because their bodies don’t produce enough estrogen, the female hormone needed to maintain bone strength.

The Fix:

Serious runners should eat 18 to 20 calories per pound of body weight and recreational runners 15 calories per pound of body weight. That means a 120-pound woman who logs 30 or more miles a week should eat at least 2,100 calories a day, which is considerably more than the 1,600 calories many women consume.

Don’t worry about weight. The additional calories will increase stamina, making it easier to train longer, harder and faster. Therefore, more calories and body fat will be burned.

Women who don’t want to increase their daily calorie intake all at once should step it up by about 200 calories and keep it at that level for a week. Every week they should add another 200, and so on, until they work their way up to where it should be.

2. Not consuming enough calcium

Osteoporosis is not just a problem for elderly women. Many women runners with chronic stress fractures are deficient in calcium. In a quest to avoid fat, women often skimp on calcium-packed dairy products. But there are plenty of low-fat and nonfat ways to get calcium. Low-fat cheese, yogurt, frozen yogurt, skim milk, soy products and calcium-fortified orange juice are good sources.

The Fix:

To take in the 1,200 to 1,500 milligrams of calcium needed daily, women should eat a serving or two of calcium-rich foods at every meal, and even as a snack.

If you still come up short, take a calcium supplement with one of your meals (the body absorbs calcium better with food).

3. Avoiding red meat

To be sure, red meat contains saturated fat and cholesterol, both of which contribute to heart disease. That’s why the key word here is “lean.” Fact is, a three-ounce serving of a lean red meat, such as round roast, contains only 4.2 grams of fat.

The Fix:

Consider eating more of it, as it’s the best source of iron. Iron is part of a healthy red blood cell, and when it doesn’t have enough iron, the red



Photo by Airman 1st Class Olufemi Owolobi

Hilda Hernandez works out at the Laughlin Fitness Center Thursday. Physically active women must be careful they are getting the proper amount of nutrients in their diets.

blood cell isn’t going to be able to bond with oxygen. Ultimately a person won’t be able to deliver enough oxygen to their muscles while running, and end up feeling tired. Vegetarians should take a multivitamin that contains 100 percent of the recommended daily allowance for iron, which is 15 milligrams.

Decent non-meat sources of iron include beans, peas, spinach and raisins. Combine these with vitamin C-rich foods, such as juices or fruits, because vitamin C boosts iron absorption from non-meat sources.

4. Skimping on protein

In the push to cut calories, protein often falls by the wayside, just like calcium. Without enough protein a body isn’t able to repair muscles as quickly after exercise. People may experience more injuries, fatigue and illness. Research also shows that consuming protein and carbohydrates after a run helps people recover faster than eating carbohydrates alone.

The Fix:

Runners need more protein than the rest of the population, roughly .5 to 0.64 grams of protein per pound of body weight. In other words, a 130-pound runner needs 65 to 83 grams per day. Fortunately, good sources of protein also tend to be good sources of other important nutrients such as cal-

cium and iron. High-quality protein sources include lean meat, poultry, eggs (leave the yolks behind), beans, tofu, dairy products and peanut butter.

5. Aiming for a zero-fat diet

We live in a fat-phobic society. We have this idea that if 30 percent of calories from fat is good, then 10 percent is better. If 10 percent is good, then zero percent is better still.

Many women are trying to reach zero body fat by putting zero fat on their plates. Because of fat’s bad reputation, many women forget that it’s an essential nutrient. And it’s even more essential for runners than for sedentary folks.

Tapping into fat during a run delays the use of glycogen (stored carbohydrate), but if there is no fat, a body has to use glycogen earlier. In other words, you’ll feel tired faster. As for the fear of gaining weight, a little fat can make you feel full longer, so you’ll be less likely to eat more.

The Fix:

As a general guide, exercising women need 0.5 grams of fat per pound of body weight – about 60 grams a day for a 120-pound runner.

If you have a question for the exercise physiologist, please send your written question (please print legibly) to 47ADS/SGGZ, Attn: Mr. Bill Goins.



Courtesy Airman 1st Class Timothy J. Stein

First hit...

Sheanne Geis (6), daughter of Pamela, 47th Services Division, and Ray Geis, hit the ceremonial first "pitch" to start off the 2004 Laughlin T-ball season Wednesday at Tweety Field here.

Fit to Fight Warrior of the Week

Senior Airman Melvin Isaia
47th Communications Squadron



Photo by Airman 1st Class Olufemi Owolabi

Fitness philosophy: Exercise is fun, not only does it prepare you for a sport of your preference, it feels good and it helps fight disease. What more could you ask for.

Favorite healthy treat: Cut up chicken breast with refried beans on whole wheat pita bread

Fitness assessment score: 95

Fitness tip: Consistency plays a major role in both exercise and nutrition. You have to plan out a good workout routine schedule and learn to eat healthy balanced meals.

Fitness goals: Short term: To beat my current fitness score within the next few months. Long term: To be able to stay in good shape throughout my life.

XL Fitness Center hours

Monday - Thursday:
5 a.m. to 11 p.m.

Friday:
5 a.m. to 8 p.m.

Saturday - Sunday:
7 a.m. to 8 p.m.

Holidays:
10 a.m. to 6 p.m.

86th defeats LCSAM, 53-38, in championship

By Airman 1st Class
Timothy Stein
Editor

The 86th Flying Training Squadron defeated Laughlin Consolidated Services Aircraft Maintenance, 53-38, in the intramural championship game April 1 at the fitness center.

The 86th entered the game needing to defeat LCSAM only once since they went undefeated throughout the basketball playoff. LCSAM would have to beat the 86th twice in order to win the championship having come to the final game through the loser's bracket.

Both teams came out firing in the first half. LCSAM got on the board

first with a lay up in the opening minute. The 86th countered with two buckets of its own.

The teams battled back and forth through the entire first half. LCSAM had a six-point lead midway through the half but couldn't stop the surging 86th. The six-point lead would be the most LCSAM would lead the entire game.

Down 14-8, the 86th picked up their play. David Myrick scored four quick points to bring his team to within two. After LCSAM made another bucket, Kenneth Kirkpatrick hit a three-pointer to bring the 86th to within one.

LCSAM wouldn't let the 86th take the lead, however. Every time

the 86th came close, LCSAM would knock down another shot. The 86th finally got the lead when Robert Williams was fouled as he shot from beyond the arch. The shot went in for three and Williams made his foul shot, completing the four-point play. The 86th took a 23-22 lead into halftime.

The second half of the game wasn't as close. The 86th took control at the beginning of the half and didn't look back. LCSAM didn't have as large of a bench as the 86th and couldn't rest their players as much.

The 86th amassed a nine-point lead halfway through the half. LCSAM wouldn't come any closer.

The 86th won the game and championship, 53-38.